

ARTS & CRAFTS

Some art classes may require supplies.

Supply list information will be listed on your registration receipt.

CERAMICS

Students will explore hand building, wheel throwing, texture, decoration, glazing and firing with an emphasis on design and form. Please bring the following supplies to class; 25lbs Cone 5 clay, basic pottery tools, wood knife, pin tool, cutting wire, rib, sponge, brushes, apron and small bucket. A non-refundable material fee per registered class due to instructor at first class (ELDO - \$14) (GRSC - \$15).

INTRODUCTION TO CLAY- Introduction to basic pottery techniques, including coil, pinch, slab, wheel, and glazing.

M	5:45 pm-8:45 pm	9/14(13wks)	GRSC	\$199(R)/\$299(N)	Peterson	114178
Tu	9:00 am-12:00 pm	9/15(13wks)	ELDO	\$141(R)/\$212(N)	Shock	114179
Tu	12:30 pm-3:30 pm	9/15(13wks)	ELDO	\$141(R)/\$212(N)	Shock	114180

HOME ACCENTS- Rev up your house and patio with fireplace sculptures, book shelf decorations, lamps, flower pots, bonsai dishes and more!

Sa	9:30 am-12:30 pm	9/19(12wks)	GRSC	\$184(R)/\$276(N)	Peterson	114181
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OPEN STUDIO - Facility for working on your clay projects independently. Equipment available for use includes wheels, slab roller, extruder, and electric kiln firing to Cone 5. No instruction provided.

Th	9:00 am-12:00 pm	10/01(10wks)	ELDO	\$146(R)/\$219(N)	Murphy	114182
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DIGITAL PHOTOGRAPHY

Learn how to use your camera and more! Discover how to really 'see' your subject matter before clicking the button. Topics will include composition, lighting, action, portraiture, landscapes, architecture, and still-life photography. Delve into a more artistic exploration of photography, with different, interesting projects and critiques each week.

BEGINNING - Instruction on composition, lighting, action, portraiture, landscapes, architecture and still-life photography. Weekly projects will keep you creating amazing photographs.

Tu	6:00 pm-8:00 pm	9/29(10wks)	VLSC	\$85(R)/\$128(N)	Prezkop	113908
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INTERMEDIATE - To fully enjoy this class the students must have some working knowledge of camera's manual settings.

W	6:00 pm-8:00 pm	9/30(10wks)	VLSC	\$85(R)/\$128(N)	Prezkop	113909
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DRAW/PAINT

Instruction in drawing, painting and more! Have the freedom to use any medium you choose; pencil, colored pencils, pastels, watercolor, oil and acrylic. Teacher emphasis is on individual attention and projects. \$1 nonrefundable cash supply fee is due to instructor on first day of class for classes at ELSO. Must be present at first class for orientation and demonstrations for classes at ELSO.

M	9:00 am-12:00 pm	9/14(13wks)	ELSO	\$145(R)/\$218(N)	Chestney	113918
M	6:30 pm-9:30 pm	9/14(13wks)	ELSO	\$145(R)/\$218(N)	Chestney	113919
Tu	1:00 pm-4:00 pm	9/15(7wks)	VLSC	\$84(R)/\$126(N)	Consalvo	114414
Tu	6:30 pm-9:30 pm	9/15(13wks)	ELSO	\$145(R)/\$218(N)	Chestney	113928
W	9:30 am-12:30 pm	9/16(13wks)	ELSO	\$145(R)/\$218(N)	Chestney	113920
W	1:00 pm-4:00 pm	9/16(13wks)	ELSO	\$145(R)/\$218(N)	Chestney	113921
Th	9:00 am-12:00 pm	9/17(7wks)	VLSC	\$84(R)/\$126(N)	Consalvo	113922
Th	9:30 am-12:30 pm	9/17(13wks)	ELSO	\$145(R)/\$218(N)	Chestney	113923
Th	1:00 pm-4:00 pm	9/17(13wks)	ELSO	\$145(R)/\$218(N)	Chestney	113929
F	1:00 pm-4:00 pm	9/18(13wks)	ELSO	\$145(R)/\$218(N)	Chestney	113925
Tu	1:00 pm-4:00 pm	11/03(7wks)	VLSC	\$84(R)/\$126(N)	Consalvo	114415
Th	9:00 am-12:00 pm	11/05(6wks)	VLSC	\$73(R)/\$110(N)	Consalvo	113926

DRAWING

Focus on the basic fundamentals of drawing, learning various techniques including; perspective, shading, proportion and composition. Enjoy using pencil, colored pencils and charcoal.

Tu	9:00 am-12:00 pm	9/15(9wks)	HRZN	\$104(R)/\$156(N)	Consalvo	113934
Th	9:00 am-12:00 pm	9/17(7wks)	GRSC	\$69(R)/\$104(N)	Milman	113931
Th	9:00 am-12:00 pm	11/05(6wks)	GRSC	\$61(R)/\$92(N)	Milman	113933

JEWELRY MAKING

This jewelry making class is designed for novices as well as experienced students. We will cover the basics of sawing, soldering, etching, forging, stamping, roller printing, casting, finishing techniques as well as design. Demonstrations will be given as well as individual attention for projects. \$10 Non-refundable material fee due to instructor at first class. Some tools and supplies required approximately \$75 and up depending on project and metal selection.

W	5:30 pm-8:30 pm	9/16(12wks)	ELDO	\$112(R)/\$168(N)	Berger-Taylor	113976
Sa	10:00 am-1:00 pm	9/19(10wks)	ELDO	\$96(R)/\$144(N)	Berger-Taylor	113975

CLASS LISTING LEGEND

COURSE TITLE

The description for this course will be listed in this section. The description may include age restrictions, activities, over view of the class and other key notes to share with you.

W 5:15pm-5:55pm 9/18(12wks) HRZN \$57(R)/\$86(N) Martin 102812

Day	Start Date & Length	Fees, Resident/Non-Resident	Course Code
Time	Location	Instructor, when applicable	

NON-RESIDENT REGISTRATION STARTS AUGUST 12 | ADULT CLASSES (14 YRS+)

LIFE DRAWING

This course is designed to give the student a fundamental understanding of the principals of figure drawing. Recommended for students with a minimum of Drawing I experience. Non-refundable model fee included in price of class.

W 9:00 am-12:00 pm 9/16(10wks) VLSC \$224(R)/\$308(N) Lundquist 114389

OIL AND ACRYLIC PAINTING

New and continuing students will focus on developing basic skills, exploring color, style and various techniques in a relaxed environment. Learn techniques using acrylic or oil paints. Learn to develop a portrait, landscape, floral, abstract or non-representational forms.

M	9:00 am-12:00 pm	9/14(7wks)	VLSC	\$89(R)/\$134(N)	Taylor	114012
M	5:00 pm-8:00 pm	9/14(7wks)	VLSC	\$58(R)/\$87(N)	Fried	114013
W	1:00 pm-4:00 pm	9/16(7wks)	VLSC	\$58(R)/\$87(N)	Fried	114387
Tu	9:00 am-12:00 pm	9/15(6wks)	VLSC	\$73(R)/\$110(N)	Leonelli	114014
F	1:00 pm-4:00 pm	9/18(7wks)	VLSC	\$84(R)/\$126(N)	Consalvo	114015
F	1:00 pm-4:00 pm	9/18(7wks)	GRSC	\$89(R)/\$134(N)	Taylor	114022
Sa	1:00 pm-4:00 pm	9/19(7wks)	VLSC	\$89(R)/\$134(N)	Taylor	114023
Tu	9:00 am-12:00 pm	9/29(12wks)	GRSC	\$160(R)/\$240(N)	Wrobel	114017
Tu	1:00 pm-4:00 pm	9/29(12wks)	GRSC	\$160(R)/\$240(N)	Wrobel	114016
M	9:00 am-12:00 pm	11/02(7wks)	VLSC	\$89(R)/\$134(N)	Taylor	114018
M	5:00 pm-8:00 pm	11/02(7wks)	VLSC	\$58(R)/\$87(N)	Fried	114019
Tu	9:00 am-12:00 pm	11/03(7wks)	VLSC	\$84(R)/\$126(N)	Leonelli	114020
W	1:00 pm-4:00 pm	11/04(7wks)	VLSC	\$58(R)/\$87(N)	Fried	114388
F	1:00 pm-4:00 pm	11/06(6wks)	VLSC	\$73(R)/\$110(N)	Consalvo	114021
F	1:00 pm-4:00 pm	11/06(4wks)	GRSC	\$56(R)/\$84(N)	Taylor	114520
Sa	1:00 pm-4:00 pm	11/07(7wks)	VLSC	\$89(R)/\$134(N)	Taylor	114024

INTERMEDIATE LEVEL - For students with experience in Oil painting.

Sa	9:00 am-12:00 pm	9/19(7wks)	VLSC	\$84(R)/\$126(N)	Consalvo	114025
Sa	9:00 am-12:00 pm	11/07(7wks)	VLSC	\$84(R)/\$126(N)	Consalvo	114026

PAINT STUDIO

Paint in all mediums. This class is designed to improve your painting skills and let your subject matter be your teacher. Give yourself permission to be great. You deserve it.

M	1:00 pm-4:00 pm	9/14(6wks)	VLSC	\$73(R)/\$110(N)	Leonelli	114027
M	1:00 pm-4:00 pm	11/02(7wks)	VLSC	\$84(R)/\$126(N)	Leonelli	114028

PASTELS

New and continuing students will learn techniques using Pastels. Learn to develop a portrait, landscape, floral, abstract, or a nonrepresentational form with ease. Color is the magical element that gives feeling & emotion to Art. Once you understand the meaning of color, it will help you determine the palette to evoke strong emotional response in your paintings.

Th 1:00 pm-4:00 pm 10/01(11wks) VLSC \$125(R)/\$188(N) Schneider 114030

SEWING

The class is for all levels of skill. Learn selection of fabric, pattern, layout and construction. Individual instruction. Complete several projects during this class. Bring pattern, fabric pins and scissors to first class. More required supplies to be covered during first class.

M 10:00 am-12:00 pm 9/28(10wks) GRSC \$46(R)/\$69(N) Walters 114062



WATERCOLOR

Transparent watercolor for the beginning as well as intermediate student will include basic techniques, color and composition using landscape, still life and portrait. Individual attention with emphasis on learning to see as the artist does.

M	1:00 pm-4:00 pm	9/14(7wks)	GRSC	\$89(R)/\$134(N)	Taylor	114123
F	9:00 am-12:00 pm	9/18(7wks)	VLSC	\$69(R)/\$104(N)	Levine	114124
M	1:00 pm-4:00 pm	11/02(7wks)	GRSC	\$89(R)/\$134(N)	Taylor	114125
F	9:00 am-12:00 pm	11/06(6wks)	VLSC	\$61(R)/\$92(N)	Levine	114126

COMMUNICATION & LANGUAGE

FRENCH

Text Book required. Information available online and included on your receipt

CONTINUING FRENCH - Designed for continuing students wanting to increase their current knowledge in developing conversational skills, practice pronunciation and learn essential grammatical facts in a supportive and fun environment. Group participation is encouraged

Tu 5:30 pm-8:00 pm 9/15(11wks) VLSC \$119(R)/\$179(N) Gabor 113940

INTERMEDIATE -Conversation and reading practices with easy pronunciation exercises. Sentence structure in the past, present and future tenses. Introduction of the reflexive verbs and command forms. Introduction to French Literature

M 5:30 pm-8:00 pm 9/14(14wks) VLSC \$148(R)/\$222(N) Gabor 114654

GERMAN

This course is for everyone! 'Guten Tag! Wie geht's?' 'Danke, gut. Und Ihnen?' If you understand this dialog, then this is your class. This class is not for the beginner, but someone who has taken 'German - The Basics,' or has had German in a formal or an informal setting. We will continue to deepen our understanding of the language, expanding vocabulary and conversation. Less emphasis is based on grammar. Interaction and active participation are the keystones of this class.

M 9:00 am-10:30 am 10/05(10wks) VLSC \$83(R)/\$125(N) Eggink 113944

ADULT CLASSES (14 YRS+) | RESIDENT REGISTRATION STARTS AUGUST 10

ITALIAN

CONVERSATIONAL BASICS - This introductory class is designed for students seeking speaking and listening abilities with minimal emphasis on grammar and will introduce you to the Italian alphabet, correct pronunciation of individual letters and selected letter groups. Study basic sentence structure, grammar rules, basic rules of gender, number agreement, word pronunciation and useful vocabulary and phrases and develop basic speaking, listening, reading, writing and comprehension skills. Situational dialog, and role playing will be practiced. Students will conduct simple conversations related to common situations. The formal/polite "You" address convention used in the Italian language, the formation of the negative in Italian and how to form a question will be investigated.

W 4:15 pm- 6:15 pm 9/16(12wks) GRSC \$93(R)/\$140(N) Keyser 114355

ITALIAN I- Designed to increase elements of the Italian language. Expand knowledge of sentences structure, grammar, pronunciation, and vocabulary. Increase in single, plural, gender structures of definite and indefinite articles. Group readings of written text of everyday situational dialogues and live role playing scenarios will provide real life practice using acquired Italian language skills. Prior knowledge of the Italian language is necessary to fully enjoy this class.

W 6:30 pm- 8:30 pm 9/16(12wks) GRSC \$93(R)/\$140(N) Keyser 114356

SPANISH

Text Book may be required. Information is available online and included on your receipt. A non-refundable materials fee per registered class is due to the instructor at the first class. (VLSC \$10) (GRSC \$5)

CONVERSATIONAL LEVEL I- A stress-free class for beginners or near-beginners that focuses on speaking and listening development. Basic grammar and vocabulary will be introduced.

Th 4:15 pm- 6:15 pm 9/17(11wks) VLSC \$86(R)/\$129(N) Talledos 114198

CONVERSATIONAL LEVEL II- This is a conversational Spanish class structured for beginners who have had some experience with the present tense in Spanish. The past tenses will be introduced slowly, with the emphasis on developing oral communication skills using both the present and past verb tenses. If you have had an introductory Spanish class, or studied Spanish years ago, or just feel confident about starting with present and past verb forms, this course will provide a stress-free environment to learn skills that can be immediately put to use.

Th 6:30 pm- 8:30 pm 9/17(11wks) VLSC \$86(R)/\$129(N) Talledos 114199

LEVEL I- Learn the fundamentals of the Spanish language. Classes will cover basic grammar, pronunciation and vocabulary. This class will emphasize listening, speaking, reading, and writing.

Th 4:30 pm- 6:00 pm 9/17(9wks) GRSC \$57(R)/\$86(N) Owen 114200

LEVEL II- Continue your study of essential Spanish grammar and vocabulary. Practice and develop skills in reading, writing and speaking Spanish. The emphasis of this class will be fluency and accuracy in spoken Spanish

Th 6:10 pm- 7:40 pm 9/17(9wks) GRSC \$57(R)/\$86(N) Owen 114201

Refund Policy - Unless otherwise stated, all program refunds shall be prorated, less a \$10 processing fee, up to and including the 2nd class. No refunds after the 2nd class date. Classes priced at \$10 or less are nonrefundable.

COMPUTER CLASSES

COMPUTER FUNDAMENTALS PART 1

Are you a computer novice who has a computer or access to one? Would you like to learn more? In this course you will learn to identify the main parts of the Windows operating system and use of the mouse and keyboard. This class is taught in the Windows 8 environment using WordPad and Paint programs. Prerequisite: Daily access to a computer.

Tu 9:00 am-11:00 am 10/06(4wks) VLSC \$51(R)/\$77(N) Powell 114396

COMPUTER FUNDAMENTALS PART 2

Build on the skills learned in Computer Fundamentals Part 1. Edit documents by inserting, deleting and moving text. Become familiar with how Windows works, and using charms, tiles and apps, including email and the internet. Prerequisites: Daily access to a computer and completion of Computer Fundamentals Part 1 or competency in basic mouse and keyboard skills.

Tu 9:00 am-11:00 am 11/03(4wks) VLSC \$51(R)/\$77(N) Powell 114397

INTERNET - BASICS AND BEYOND

There are many different ways to use the internet. Learn how to navigate the internet, use search engines to find information and bookmark web pages so you can find them again easily. Take a look at websites concerning computer security, news, travel and more. Prerequisite: Basic computer skills.

M 10:00 am-12:00 pm 11/16(4wks) VLSC \$51(R)/\$77(N) Salazar 114399

WINDOWS - PERSONALIZED

Explore ways to adapt Windows to make it easier to work with and more specific to your needs. Reconfigure the Start screen, remove unwanted tiles, use a split screen to compare information on two different web sites, use the Snip-it tool to copy only the info you want from a web page or other document and paste it wherever you like. This class will be conducted using Windows 8 software. Prerequisite: Proficiency in the use of computers.

Th 10:00 am-12:00 pm 10/15(2wks) VLSC \$31(R)/\$47(N) Phillips 114567

SECURE COMPUTING

Exist more safely in today's digital world by learning how to protect your computer, detect bad sites before going there, create strong passwords that you can remember, and make a password list with a high level of security. Prerequisite: Basic computer skills.

M 1:00 pm- 3:00 pm 10/19(2wks) VLSC \$31(R)/\$47(N) Baker 114057

PC MAINTENANCE

Work on your own computer and learn how to eliminate 'baggage' that makes it boot up and run slowly, and how to troubleshoot the most common problems instead of seeking repairs. Bring your own laptop computer (Windows only) to the classes. Prerequisite: Basic computer skills.

Tu 9:00 am-11:00 am 12/01(2wks) VLSC \$31(R)/\$47(N) Powell 114031



ANDROID DEVICES - BASICS

This class covers the basics of the Android operating system used on Android devices by numerous manufacturers. Use the basic commands to navigate your device, and learn how to use apps and WiFi. Bring your device ID and password, your email address and password, and your own charged and updated Android device to class.

M 10:00 am-12:00 pm 11/02(1wk) VLSC \$21(R)/\$32(N) Despenza 114395

IPAD - BASICS

This class covers the basics of the Apple operating system used on iPad (and iTouch and iPhone) devices. Learn how to work your iPad, understand basic commands, use mail, contacts, calendars, apps and WiFi. Navigate with Safari, and back up your device. You will have time during class to work with your iPad and to ask questions. Bring your Apple ID and Password, your email address and password, and your own charged and updated iPad, iTouch or iPhone to class.

Th 9:00 am-11:00 am 10/01(2wks) VLSC \$31(R)/\$47(N) Jenouri 113968

M 9:00 am-11:00 am 10/19(2wks) VLSC \$31(R)/\$47(N) Jenouri 113969

Th 9:00 am-11:00 am 11/12(2wks) VLSC \$31(R)/\$47(N) Jenouri 113970

IPAD - IPHOTOS

Learn how to take photos and videos with your iPad, browse photos, create and manage photo albums, and stream photos. Practice enhancing your photos, and share via email or My Photo Stream. Bring your Apple ID and password, your email address and password, and your own charged and updated iPad, iTouch or iPhone to class. Prerequisite: Skills covered in iPad - Basics.

M 9:00 am-11:00 am 11/09(1wk) VLSC \$21(R)/\$32(N) Despenza 113971

IPAD - ITUNES

Download music from iTunes, and make folders to organize your music by category, genre, and artist. Make playlists from your music library. Import music from CD/DVD's or from your hard drive into iTunes, and synchronize with your mobile device. Bring your Apple ID and Password, your email address and password, and your own charged and updated iPad, iTouch or iPhone to class. Prerequisite: Skills covered in iPad - Basics.

W 9:00 am-11:00 am 11/18(1wk) VLSC \$21(R)/\$32(N) Forti 113972

WHAT'S APPENING

Apps are helpful and fun, but with over 1 million of them to choose from, it's difficult to decide what to use. Learn what apps are available for your Apple or Android device, and how to get and delete them, use reviews, and upgrade. Check out the hidden costs in some apps, and what some of the most popular apps are. Bring your own charged and updated device to class, with your device ID and password, and your email address and password (or you can use a Lab computer). Prerequisite: Basic device skills.

W 9:00 am-11:00 am 12/02(1wk) VLSC \$21(R)/\$32(N) Despenza 114566

GOOGLE - INTRODUCTION

Use Google to search the web for information about nearly anything, from finding your ancestors, to getting reviews of products or services, locating pictures of your old neighborhood, or searching newspapers and books for historical articles and information. Take advantage of a wealth of free apps to help you create documents, make spreadsheets, create 'powerpoint' type presentations, translate foreign language text, and store data and images in the cloud. Bring your Google email address and password if you have them. Prerequisite: Basic computer skills.

Th 9:00 am-11:00 am 10/29(2wks) VLSC \$31(R)/\$47(N) Forti 114398

SKYPE

Use Skype to see your family as well as talk to them all over the world using a computer-to-computer connection. Learn to set up this connection and practice in the Computer Lab. Prerequisite: Basic computer skills.

M 1:00 pm-3:00 pm 11/02(1wk) VLSC \$21(R)/\$32(N) Baker 114066

MICROSOFT EXCEL - BASICS

Excel is a powerful spreadsheet program with many uses outside of business applications. Use it to manage finances, create a schedule or calendar, manage an event, or create lists. This class uses Microsoft Excel 2013 to teach the basic features of a spreadsheet: to format numbers, insert rows and columns, and use functions, organize data, and enter formulas for mathematical calculations. Prerequisite: Basic computer skills.

W 1:00 pm-3:00 pm 10/28(2wks) VLSC \$31(R)/\$47(N) Nicoletto 114400

MICROSOFT EXCEL - BEYOND THE BASICS

This class will begin with a review of an Absolute Cell reference, and then focus on working with large spreadsheets using Freeze Panes, Split Windows, hide and unhide columns and rows, print headings on every page, print comments, sort and filter and link information, and create a custom list for Auto Fill. Prerequisite: Skills covered in Microsoft Excel - Basics.

W 1:00 pm-3:00 pm 12/02(1wk) VLSC \$21(R)/\$32(N) Sullivan 114401

MICROSOFT WORD - BASICS

Learn text entry, and paragraph and character formatting using Microsoft Word, and how to insert clip art, photos, and tables into a Word document. Prerequisite: Basic computer skills.

Tu 1:00 pm-3:00 pm 10/20(4wks) VLSC \$51(R)/\$77(N) Salazar 114402

ADULT CLASSES (14 YRS+) | RESIDENT REGISTRATION STARTS AUGUST 10

“The teacher’s patient instruction gave me the confidence I needed to purchase my new laptop.”

MICROSOFT WORD - GRAPHICS

Put pictures in flyers, bulletins and newsletters, and add borders and captions. Use arrows and other shapes for emphasis. Group images, captions and shapes so they move together as you rearrange your layout. Set the open space between the images and text, and wrap the text over, under or beside the images. Great for creating holiday letters. Prerequisite: Proficiency with the skills covered in Microsoft Word - Basics.

W 10:00 am-12:00 pm 10/07(2wks) VLSC \$31(R)/\$47(N) Bailey 114132

MICROSOFT WORD - MAILING LABELS

Set up a mailing list that you can easily update and use to make mailing labels for holiday cards and invitations. Prerequisite: Skills covered in Microsoft Word - Basics.

W 1:00 pm- 3:00 pm 11/18(1wk) VLSC \$21(R)/\$32(N) Sullivan 114563

MOVIE MAKER

Windows Movie Maker software is available for download at no cost. Learn how to use it and turn your digital photos and videos into a movie slideshow, adding transitions, motion effects, titles, credits, and music. Prerequisite: Basic computer skills.

W 9:00 am-11:00 am 11/11(1wk) VLSC \$21(R)/\$32(N) Nicoletto 113997

PHOTO BOOKS

Create a photo book by picking a theme and adding captions, text, and embellishments. Fill provided templates or arrange your own layouts. Create keepsakes of trips or special events, showcase hobbies, or preserve and share ancestry research and photos. Shutterfly software to create your book is available online at no cost. Prerequisite: Basic computer skills.

W 10:00 am-12:00 pm 10/21(3wks) VLSC \$40(R)/\$60(N) Bailey 114034

PHOTOSHOP ELEMENTS - INTRODUCTION

Get started using Adobe Photoshop Elements software by finding and organizing your picture files, improving your photos, and sharing your creations by email or online. Prerequisite: Computer skills equivalent to completion of Computer Fundamentals Part 2.

M 9:00 am-11:00 am 9/28(3wks) VLSC \$40(R)/\$60(N) Despenza 114037

PHOTOSHOP ELEMENTS - EDITING PART 1

Learn the art of editing your digital photographs to improve lighting and contrast, crop effectively, straighten photos, remove ‘red-eye’ and unwanted objects, add descriptive text, use digital make-up to minimize facial wrinkles, move objects or people from one photo to another, and create a photo collage. Prerequisite: Basic computer skills. Photoshop Elements - Introduction recommended but not required.

Th 1:00 pm- 3:00 pm 10/15(4wks) VLSC \$51(R)/\$77(N) Kapinos 114035

PHOTOSHOP ELEMENTS - EDITING PART 2

This class builds on the skills taught in Editing Part 1. Use the best faces for a group shot, combine several photos into a panorama, correct perspective distortion, replace a blah sky in travel photos, use artistic filters to make watercolor effects and black and white sketches, add framing right on a picture, and create your own template with letter openings for multiple photos. Prerequisite: Completion of Photoshop Elements Editing Part 1.

M 1:00 pm- 3:00 pm 11/09(4wks) VLSC \$51(R)/\$77(N) Bailey 114036

PHOTOSHOP ELEMENTS - ARTISTIC TEXT EFFECTS

Create great artistic effects by filling a shape with text, making ‘see-through’ text, placing text along shapes and paths, and creating a word cloud using Wordle (a free web program). Prerequisite: Easily work with tools used in Photoshop Elements Editing Part 2.

M 1:00 pm- 3:00 pm 12/07(1wk) VLSC \$21(R)/\$32(N) Bailey 114565

PHOTOSHOP ELEMENTS - OUT-OF-BOUNDS EFFECTS

Use an out-of-bounds effect to create striking pictures that show off the parts of a photo hanging down, sticking up or jutting out. Prerequisite: Easily work with tools used in Photoshop Elements Editing - Part 2.

Th 1:00 pm- 3:00 pm 12/03(1wk) VLSC \$21(R)/\$32(N) Bailey 114568

PHOTOSHOP ELEMENTS - WARHOL WANNABE POP ART

Create Andy Warhol style pop art from a photo. Prerequisite: Easily work with tools used in Photoshop Elements Editing Part 2.

Th 1:00 pm- 3:00 pm 12/10(1wks) VLSC \$21(R)/\$32(N) Bailey 114647

DANCE

BALLET

BEGINNING - This class is designed for the beginning student or those with less than two years of Ballet training. This casual and fun class will offer a great workout while learning ballet basics, technique, terminology and ballet combinations.

M 5:00 pm- 5:50 pm 9/14(14wks) HRZN \$62(R)/\$93(N) Lawton 113857

Th 10:30 am-11:20 am 9/17(13wks) MMRA \$59(R)/\$89(N) Lawton 113858

ALL LEVELS - Review your past training at the Barre, center floor and learn combinations. Previous Ballet training recommended to fully enjoy this class.

M 6:00 pm- 6:50 pm 9/14(14wks) HRZN \$62(R)/\$93(N) Lawton 113859



NON-RESIDENT REGISTRATION STARTS AUGUST 12 | ADULT CLASSES (14 YRS+)

BALLROOM DANCE

Dances may include: Foxtrot, Waltz, Cha- Cha, Tango, Rumba, Swing and much more. No partner needed.

THE BASICS - Learn and improve the dances you need to feel comfortable in any social situation.

Tu 6:15 pm-7:15 pm 9/15(6wks) VLSC \$33(R)/\$50(N) Kuhn 113862

BEYOND THE BASICS - Here's a chance for the beginning student to learn more about the basic and beginning level social dances. The focus will be to add onto the students existing step patterns and technique to help improve movement on the dance floor.

Tu 6:15 pm-7:15 pm 11/03(6wks) VLSC \$33(R)/\$50(N) Kuhn 113864

LATIN DANCE - Learn the basic Latin dance steps for Salsa, Merengue, Rumba and more. This class will focus on basic patterns, turns, moves and passion!

W 6:15 pm-7:15 pm 9/16(5wks) FENP \$33(R)/\$50(N) De Marchand 113863

W 6:15 pm-7:15 pm 11/04(5wks) FENP \$33(R)/\$50(N) De Marchand 114384

INTERMEDIATE- SMOOTH DANCES- This smooth dance class will focus on higher level patterns and technique in Fox Trot, Waltz and Tango. A fun continuation for the student who has had at least two to three sessions of Ballroom dance and who have learned 3 to 4 patterns in each of the social ballroom dances.

Tu 7:15 pm-8:15 pm 9/15(6wks) VLSC \$33(R)/\$50(N) Kuhn 113865

INTERMEDIATE- RHYTHM DANCES - The rhythm dance class will focus on higher level patterns and technique in Swing, Rumba, Cha Cha, Salsa or Samba. A fun continuation for the student who has had at least two to three sessions of Ballroom dance and who have learned 3 to 4 patterns in each of the social ballroom dances.

Tu 7:15 pm-8:15 pm 11/03(6wks) VLSC \$33(R)/\$50(N) Kuhn 113866

BELLY DANCING CARDIO WORKOUT

Dance your way to fitness by learning the ancient art of belly dance with a modern twist. A fun and challenging dance workout open to all levels. Sculpt and tone your body with this fun and challenging dance workout! Included will be exercises to strengthen and firm. All levels welcome.

M 5:45 pm-6:45 pm 9/14(14wks) MMRA \$76(R)/\$114(N) Haag 113870

Tu 9:30 am-10:30 am 9/15(14wks) MMRA \$76(R)/\$114(N) Haag 113871

Th 7:30 pm-8:30 pm 9/17(10wks) GRSC \$52(R)/\$78(N) Brown 113872

BOLLYWOOD

Dance your way to fitness while learning East Indian dance fusion. Bollywood dance incorporates both classic and modern dance styles making this workout fun and unique. All fitness levels are welcome

M 7:00 pm-8:00 pm 9/14(14wks) MMRA \$76(R)/\$114(N) Haag 114171

Tu 10:45 am-11:45 am 9/15(14wks) MMRA \$76(R)/\$114(N) Haag 114172

BROADWAY JAZZ

Challenge your body and mind by learning a variety of jazz techniques and dance styles. Dance to today's modern songs, famous show tunes and more! Learn from the beginning or review basics. New dances will be taught and past dances will be reviewed.

BEGINNIING

Th 9:30 am-10:20 am 9/17(13wks) MMRA \$59(R)/\$89(N) Lawton 113880

INTERMEDIATE -Previous experience recommended to fully enjoy this class.

Tu 11:00 am-11:50 am 9/15(14wks) GRSC \$62(R)/\$93(N) Lawton 113881

CHORUS LINE DANCING

Exercise your mind and body while dancing in a chorus line to a wide variety of music. No partner is required to enjoy this class and all levels are welcome! Come join the fun.

M 5:00 pm-6:00 pm 9/14(13wks) VLSC \$61(R)/\$92(N) Schwarz 114404

Tu 9:00 am-10:00 am 9/15(13wks) VLSC \$61(R)/\$92(N) Schwarz 114184

POLYNESIAN DANCE

Have fun learning a variety of Hawaiian, Tahitian and Maori dances while building coordination and improving your memory! This fun, low impact workout will work you from fingers to your hips to your toes. Aloha! Please plan to be bare footed or bring non skid slippers.

Tu 12:00 pm-12:50 pm 9/15(14wks) GRSC \$62(R)/\$93(N) Lawton 114052

Th 11:30 am-12:20 pm 9/17(13wks) MMRA \$59(R)/\$89(N) Lawton 114053

SOCIAL DANCE SURVIVAL

Do you freeze up at Wedding receptions, shy away at dinner dances, panic at the nightclub, pray no one will ask you to dance? Then, this is the dance class for you! Not only will you learn to survive on the dance floor, you will learn to dance with confidence and style. You will learn basic steps for the most popular dances. Whether it's swing, hustle, Latin, or line dances....'YOU WILL SURVIVE!' A partner is helpful, but not required.

W 7:15 pm-8:15 pm 9/16(10wks) GRSC \$65(R)/\$98(N) McAttee 114185

TAP

BEGINNING -This class will teach the basic steps, learning tap technique and terminology for both Hollywood and Rhythm styles. Improve your coordination, memory and balance in this fast moving workout while learning the art of America's original Folk Dance. Tap shoes will be discussed the first class. If you don't have tap shoes, wear a hard sole shoe or sneakers.

Th 7:00 pm-7:50 pm 9/17(13wks) RIMO \$59(R)/\$89(N) Lawton 114105

INTERMEDIATE - his class will have everyone tapping to a variety of music and styles. Choreography for dances will be taught while learning and building on basic techniques. This fast paced class will get your toes tapping before you know it! Tap shoes required.

Th 6:00 pm-6:50 pm 9/17(13wks) RIMO \$59(R)/\$89(N) Lawton 114104

SENIOR TAP- BEGINNING

Th 4:00 pm-5:00 pm 10/01(11wks) GRSC \$55(R)/\$83(N) Campi 114106

SENIOR TAP- INTERMEDIATE

Th 5:00 pm-6:00 pm 10/01(11wks) GRSC \$55(R)/\$83(N) Campi 114107

CLASS LISTING LEGEND

COURSE TITLE

The description for this course will be listed in this section. The description may include age restrictions, activities, over view of the class and other key notes to share with you.

W 5:15pm-5:55pm 9/18(12wks) HRZN \$57(R)/\$86(N) Martin 102812

Day Start Date & Length Fees, Resident/Non-Resident Course Code
Time Location Instructor, when applicable

ADULT CLASSES (14 YRS+) | RESIDENT REGISTRATION STARTS AUGUST 10

FITNESS & WELLNESS

20/20/20

Get ready to maximize your workout hour! This full-body workout is designed to get your heart pumping, tone your muscles, strengthen your core and improve flexibility. The first 20 minutes will be focused on cardio training, incorporating plyometrics, kickboxing and step work. The second 20 minutes will be dedicated to sculpting lean muscles with resistance training. Your last 20 minutes of class will strengthen your core, and then you'll finish with a relaxing stretch. What more could you ask for in a 60 minute workout?

Tu	9:15 am-10:15 am	9/15(10wks)	MMRA	\$59(R)/\$89(N)	Santiago	113850
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AEROBICS

Start your day off right with this 'work at your own pace' cardio class! Warm-up, stretch, hi/low impact cardiovascular activity, muscle toning and stretching exercises are all included. Modifications are provided. Please bring your own hand weights.

M	7:45 am-8:45 am	9/14(7wks)	VLSC	\$35(R)/\$53(N)	Robertson	113852
F	7:45 am-8:45 am	9/18(7wks)	VLSC	\$35(R)/\$53(N)	Robertson	114371
Sa	7:45 am-8:45 am	9/19(7wks)	VLSC	\$36(R)/\$54(N)	Alfraid	113854
M	7:45 am-8:45 am	11/02(7wks)	VLSC	\$35(R)/\$53(N)	Robertson	114370
F	7:45 am-8:45 am	11/06(6wks)	VLSC	\$31(R)/\$47(N)	Robertson	114372
Sa	7:45 am-8:45 am	11/07(7wks)	VLSC	\$36(R)/\$54(N)	Alfraid	114373

B. L. T. BUTT, LEGS AND TUMMY

Using a stability ball is an incredible way to shape up and get limber with moves that are simple, fun and easy on the joints. This class will condition your abdominals and back, sculpt your legs and shape your butt. Enjoy a relaxing full body stretch that includes yoga poses adapted for the ball.

Th	6:00 pm-7:00 pm	9/17(13wks)	CACT	\$64(R)/\$96(N)	Romero	113856
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BODY AND MIND

Whip your heart, mind, and body into shape while having a great time. This course combines aerobics with yoga & Pilate's providing a full body workout including cardio, strengthening and flexibility.

M, W	9:15 am-10:15 am	9/14(7wks)	GRSC	\$62(R)/\$93(N)	Alfraid	113873
F	11:00 am-12:00 pm	9/18(7wks)	VLSC	\$36(R)/\$54(N)	Alfraid	113874
M, W	9:15 am-10:15 am	11/02(6wks)	GRSC	\$59(R)/\$89(N)	Alfraid	114382
F	11:00 am-12:00 pm	11/06(5wks)	VLSC	\$29(R)/\$44(N)	Alfraid	114383

BODY BLAST

Start your day off right with this fun and energizing class! Get a full body workout including a warm up, 30 minutes of Aerobics and 25 minutes of weight training and mat work to strengthen your body. End with a guided meditation and a cool down.

W	8:15 am-9:15 am	9/16(7wks)	MMRA	\$35(R)/\$53(N)	Robertson	114375
W	8:15 am-9:15 am	11/04(7wks)	MMRA	\$35(R)/\$53(N)	Robertson	114376

“Our instructors style is direct, focused, precise, yet patient and encouraging.”

BODY CONDITIONING

Exercise class concentrating on enhancing body tone, strengthening and stretching. This will include an educational aspect on fitness and wellness, to incorporate fitness into every day life. Please note that you will need to bring personal weights to use in class.

F	9:15 am-10:15 am	9/18(6wks)	GRSC	\$33(R)/\$50(N)	Alfraid	114174
W	7:45 am-8:45 am	9/23(6wks)	VLSC	\$35(R)/\$53(N)	Brancati	113875
W	7:45 am-8:45 am	11/04(7wks)	VLSC	\$39(R)/\$59(N)	Brancati	113876
F	9:15 am-10:15 am	11/06(5wks)	GRSC	\$29(R)/\$44(N)	Alfraid	114374

CARDIO DANCE FITNESS

A fusion of music provides a great cardio workout and lots of fun. Reduce stress, tone your body, strengthen your muscles, increase flexibility and build core strength. Foot movements are modified as needed and everyone is encouraged to work at their own pace. All levels are welcome.

Tu	7:45 am-8:45 am	9/15(6wks)	VLSC	\$39(R)/\$59(N)	Turek	113882
Th	7:45 am-8:45 am	9/17(6wks)	VLSC	\$39(R)/\$59(N)	Turek	113883
Tu	7:45 am-8:45 am	11/03(7wks)	VLSC	\$44(R)/\$66(N)	Turek	114294
Th	7:45 am-8:45 am	11/05(6wks)	VLSC	\$39(R)/\$59(N)	Turek	114295

CHAIR YOGA

Perform exercises while sitting in a chair, or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional exercises.

M	8:00 am-9:00 am	9/14(7wks)	VLSC	\$48(R)/\$72(N)	Yancy	113887
M	9:00 am-10:00 am	9/14(7wks)	VLSC	\$48(R)/\$72(N)	Yancy	113888
Th	8:00 am-9:00 am	9/17(7wks)	VLSC	\$48(R)/\$72(N)	Yancy	113889
Th	9:00 am-10:00 am	9/17(7wks)	VLSC	\$48(R)/\$72(N)	Yancy	113890
F	11:00 am-12:00 pm	9/18(7wks)	VLSC	\$48(R)/\$72(N)	Yancy	113891
F	11:00 am-12:00 pm	11/06(6wks)	VLSC	\$42(R)/\$63(N)	Yancy	114658
M	8:00 am-9:00 am	11/02(7wks)	VLSC	\$48(R)/\$72(N)	Yancy	113892
M	9:00 am-10:00 am	11/02(7wks)	VLSC	\$48(R)/\$72(N)	Yancy	113893
Th	8:00 am-9:00 am	11/05(6wks)	VLSC	\$42(R)/\$63(N)	Yancy	113894
Th	9:00 am-10:00 am	11/05(6wks)	VLSC	\$42(R)/\$63(N)	Yancy	113895

CONDITIONING COMBO

A combination of yoga, pilates, and stretching. This class will help you release stress, increase flexibility, promote core strength and reduce stiffness throughout your entire body. All fitness levels are encouraged to participate.

W	7:00 pm-8:00 pm	9/16(13wks)	CACT	\$59(R)/\$89(N)	Alfraid	113898
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Refund Policy - Unless otherwise stated, all program refunds shall be prorated, less a \$10 processing fee, up to and including the 2nd class. No refunds after the 2nd class date. Classes priced at \$10 or less are nonrefundable.

NON-RESIDENT REGISTRATION STARTS AUGUST 12 | ADULT CLASSES (14 YRS+)

CORE AND MORE

Improve your balance and stability while increasing your stamina. Structured to accommodate all goals and fitness levels, this full body circuit training format, which incorporates cardio activity along side weight training, is designed to strengthen your entire body. Get your heart rate up and burn calories as you jump from exercise to exercise working your way through each muscle group, with an emphasis on the core muscles (abs, lower back, hips, and butt).

Tu	5:30 pm- 6:30 pm	9/15(14wks)	MMRA	\$62(R)/\$93(N)	Teisch	113899
Th	4:00 pm- 4:45 pm	9/17(13wks)	MMRA	\$59(R)/\$89(N)	Teisch	114369

FENCING

Have you ever wanted to fence like French Royalty or in the Princess Bride? Enjoy a fun energetic way to swashbuckle your daily cares away! Fencing is an exciting sport, combining mental and physical exercise, very safe, increasing focus and discipline. If you are looking for a good workout and the easily transferable set of skills in the sport of fencing, we have created an atmosphere where we can grow as people while pursuing our goals in fencing. Scottsdale Fencing Club equipment will be in clean a good working condition but cannot guarantee exact fit.

Sa	10:30 am-12:00 pm	9/19(10wks)	HRZN	\$175(R)/\$263(N)	Fencing Staff	114339
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FIT AND FABULOUS

This low impact cardio class will give you a jump start to your day! We'll do a warm up, low impact cardio, muscle conditioning, using weights and a cool down stretch.

M	8:00 am- 9:00 am	9/14(14wks)	CACT	\$68(R)/\$102(N)	Romero	113938
Th	8:00 am- 9:00 am	9/17(13wks)	CACT	\$64(R)/\$96(N)	Romero	113939

HIIT HIGH INTENSITY INTERVAL TRAINING

An efficient full body workout incorporating strength, flexibility and cardio all in the same workout. Discover how easy it is to exercise when you can alternate between serious weight training and energetic cardio-step aerobics movements. This fun-to-follow circuit format helps you slim down, firm up and get limber faster than you could ever imagine.

Tu	6:00 pm- 7:00 pm	9/15(14wks)	CACT	\$68(R)/\$102(N)	Romero	113957
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KICKBOXING BOOT CAMP

You will kick, punch and sweat your way to a higher fitness level. This athletic training based fitness class is an exciting complete body workout designed for all levels of participation. It is an aerobic/fitness interval training workout, which will tone and sculpt your body. Lets go!

Tu	5:45 pm- 6:45 pm	9/22(10wks)	ELDO	\$58(R)/\$87(N)	Korchmaros	114433
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MAX TONE AND FITNESS

This is a non-stop workout class for the person looking for a 'killer' toning class. Sign up today and TONE up!

W	5:45 pm- 6:45 pm	9/16(13wks)	CACT	\$59(R)/\$89(N)	Alfrid	113992
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PERSONAL FITNESS

Certified Personal Trainer keeps the class fun. Class includes stretching, hand held weights, stretch bands, balance exercises, and chair exercises.

M, F	10:30 am-11:30 am	9/14(7wks)	GRSC	\$65(R)/\$98(N)	Bockal	114032
M, F	10:30 am-11:30 am	11/02(6wks)	GRSC	\$58(R)/\$87(N)	Bockal	114033



PILATES

Strengthen your core, build stability and find balance. All levels of athletic ability are encouraged to attend.

M	10:00 am-11:00 am	9/14(14wks)	CACT	\$68(R)/\$102(N)	Romero	114047
M	10:30 am-11:30 am	9/14(14wks)	MMRA	\$91(R)/\$137(N)	Nicholas	114044
W	10:00 am-11:00 am	9/16(14wks)	MMRA	\$91(R)/\$137(N)	Nicholas	114045
W	10:30 am-11:30 am	9/16(7wks)	GRSC	\$36(R)/\$54(N)	Alfrid	114048
W	4:30 pm- 5:30 pm	9/16(13wks)	CACT	\$64(R)/\$96(N)	Alfrid	114049
W	5:55 pm- 6:55 pm	9/16(13wks)	HRZN	\$64(R)/\$96(N)	Martin	114046
W	10:30 am-11:30 am	11/04(7wks)	GRSC	\$36(R)/\$54(N)	Alfrid	114381

GOLF PILATES

Tu	5:00 pm- 5:50 pm	9/22(10wks)	HRZN	\$52(R)/\$78(N)	Martin	114405
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SENIOR STRENGTH TRAINING

Resistance and strength training can enable senior citizens to regain muscle mass and strength at any age. You're never too old to build a little muscle and fight conditions like osteoporosis. Many of the degenerative diseases experienced in the aging process are related to loss of muscle mass and strength. Focus will be geared to those issues related to senior citizens.

M, Th	9:15 am-10:15 am	9/14(7wks)	MMRA	\$75(R)/\$113(N)	Kopp	114058
M, W	11:00 am-12:00 pm	9/14(7wks)	VLSC	\$75(R)/\$113(N)	Kopp	114059
Tu, Th	11:00 am-12:00 pm	9/15(7wks)	VLSC	\$75(R)/\$113(N)	Kopp	114060
Tu, Th	2:30 pm- 3:30 pm	9/15(7wks)	GRSC	\$75(R)/\$113(N)	Kopp	114061
M, Th	9:15 am-10:15 am	11/02(6wks)	MMRA	\$70(R)/\$105(N)	Kopp	114363
M, W	11:00 am-12:00 pm	11/02(7wks)	VLSC	\$75(R)/\$113(N)	Kopp	114364
Tu, Th	11:00 am-12:00 pm	11/03(6wks)	VLSC	\$70(R)/\$105(N)	Kopp	114365
Tu, Th	2:30 pm- 3:30 pm	11/03(6wks)	GRSC	\$70(R)/\$105(N)	Kopp	114366

SHIFT YOUR SHAPE

A stretch and tone workout including yoga poses that will leave you ready to take on the afternoon! This class promotes flexibility, balance and muscular endurance. Emphasis is on abdominals, thighs, buttocks and back. Exercise at your own pace in a friendly atmosphere.

Tu, Th	11:15 am-12:00 pm	9/29(10wks)	ELDO	\$35(R)/\$53(N)	Reznikoff	114063
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ADULT CLASSES (14 YRS+) | RESIDENT REGISTRATION STARTS AUGUST 10



SIT AND GET FIT

This class will perform exercises while sitting in a chair or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional exercises.

W	8:55 am- 9:50 am	9/16(7wks)	VLSC	\$48(R)/\$72(N)	Yancy	114064
W	8:55 am- 9:50 am	11/04(7wks)	VLSC	\$48(R)/\$72(N)	Yancy	114065

STEP AEROBICS

This class provides the ideal workout for those students who want to challenge themselves. Each class consists of a warm up, step aerobics and some light weight training.

Tu	6:00 pm- 7:00 pm	9/22(14wks)	HRZN	\$53(R)/\$80(N)	Martin	114080
Th	6:00 pm- 7:00 pm	9/17(13wks)	HRZN	\$50(R)/\$75(N)	Martin	114081

STEP AND STRENGTHEN

Have a great time getting in shape while following basic step movements and being instructed on strengthening exercises. Basics are covered for those that are new to stepping and modifications are given when needed. Strengthen your legs, upper body and core with low intensity training.

Sa	9:15 am-10:15 am	9/19(14wks)	HRZN	\$62(R)/\$93(N)	Alfraid	114082
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STEP CIRCUIT

Get your heart in shape with a fun step workout incorporating basic movement patterns, grapevines and marches. Use equipment to increase your strength and sculpt your core. Challenge your body by combining high intensity stepping and low intensity resistance training.

M	9:00 am-10:00 am	9/14(14wks)	CACT	\$68(R)/\$102(N)	Romero	114083
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TABATA

This high intensity workout is interval training of 20 seconds which is followed by 10 seconds of rest repeated 8 times or one set. This class will improve both aerobic and anaerobic capacity along with reducing body fat.

Sa	7:00 am- 8:00 am	9/26(6wks)	CACT	\$43(R)/\$65(N)	Brancati	115009
Sa	7:00 am- 8:00 am	11/07(7wks)	CACT	\$49(R)/\$74(N)	Brancati	115010

TAI CHI

Learn the Yang Style Long Form, a slow, graceful, rhythmic exercise, which promotes good health and improves balance, memory and concentration.

BEGINNING - This class will cover positions from the first section.

M	9:00 am-10:30 am	9/14(13wks)	ELDO	\$72(R)/\$108(N)	Isaacson	114088
W	5:30 pm- 7:00 pm	9/16(13wks)	GRSC	\$72(R)/\$108(N)	Isaacson	114091
Th	9:00 am-10:30 am	9/17(13wks)	GRSC	\$72(R)/\$108(N)	Isaacson	114092
Sa	8:45 am-10:15 am	9/19(14wks)	PNCC	\$77(R)/\$116(N)	Isaacson	114094
W	10:00 am-11:00 am	9/30(12wks)	VLSC	\$48(R)/\$72(N)	Navarro	114089
W	11:00 am-12:00 pm	9/30(12wks)	VLSC	\$48(R)/\$72(N)	Isaacson	114090
F	9:00 am-10:00 am	10/02(10wks)	VLSC	\$42(R)/\$63(N)	Navarro	114093

INTERMEDIATE - All students must be proficient in positions from the first section. This class will review the positions of the first section and will cover positions from the second section.

W	11:00 am-12:00 pm	9/30(12wks)	VLSC	\$49(R)/\$74(N)	Navarro	114095
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ADVANCED - All students must be proficient in the positions from the first and second sections. This class will review the positions of the first and second sections and will cover positions from the third section.

Sa	10:30 am-12:00 pm	9/19(14wks)	PNCC	\$79(R)/\$119(N)	Isaacson	114098
W	10:00 am-11:00 am	9/30(12wks)	VLSC	\$49(R)/\$74(N)	Isaacson	114096
F	9:00 am-10:30 am	10/02(10wks)	VLSC	\$59(R)/\$89(N)	Isaacson	114097

RESTORATIVE - Restorative means to restore to a natural state, to make whole, to heal. In this class you will learn Tai Chi, Yang Style, Long Form plus you will learn how to calm and focus your physical, mental and spiritual energy, while improving balance, memory and flexibility. The class will include an educational aspect on healing and relaxation that you may incorporate into everyday life.

BEGINNING

Th	1:00 pm- 2:15 pm	9/17(12wks)	VLSC	\$62(R)/\$93(N)	Turek	114099
Sa	10:30 am-11:45 am	9/19(12wks)	VLSC	\$62(R)/\$93(N)	Turek	114100

INTERMEDIATE - Students must be proficient in the positions taught in the Beginning Restorative class.

M	1:00 pm- 2:15 pm	9/14(12wks)	VLSC	\$62(R)/\$93(N)	Turek	114101
Tu	10:30 am-11:45 am	9/15(12wks)	VLSC	\$62(R)/\$93(N)	Turek	114421
F	9:00 am-10:15 am	9/18(12wks)	VLSC	\$62(R)/\$93(N)	Turek	114102
Sa	9:00 am-10:15 am	9/19(12wks)	VLSC	\$62(R)/\$93(N)	Turek	114103

NON-RESIDENT REGISTRATION STARTS AUGUST 12 | ADULT CLASSES (14 YRS+)

TOTAL BODY BOOT CAMP

This ultimate body work out is designed to push you outside your comfort zone. Tone muscles, sculpt your body into a new you. Workouts will consist of interval-based fitness including cardiovascular training, muscle conditioning, and plyometric training.

Th 5:30 pm- 6:30 pm 9/17(13wks) MMRA \$59(R)/\$89(N) Teisch 114112

TOTALLY TONING

Strengthen and tone your major muscle groups using weights, bands, body bars and gravity. Learn how to use equipment properly for the results you want. Have fun while strengthening your body. Target problem areas and increase your metabolism with more muscle.

Tu 9:00 am-10:00 am 9/15(14wks) CACT \$68(R)/\$102(N) Romero 114114
Th 9:00 am-10:00 am 9/17(13wks) CACT \$64(R)/\$96(N) Romero 114115

WALK RIGHT

Get the most out of your walks now! Learn how to incorporate technique and variation into your every day walking routine or use this class to start up a healthy lifestyle including walking. This class will teach you how to pump up your results for weight management and muscle toning. This low-impact form of exercise is suitable for all ages and abilities.

W 8:00 am- 8:45 am 9/16(14wks) MTWV \$62(R)/\$93(N) Alfrad 114186

WEIGHT BUSTERS

Weight loss is the goal and purpose of Weight Busters, as it is designed for individuals with 30+ lbs. to lose. Using a combination of weight training, cardio, and core work the program is proven to help shift your body composition, dropping fat, increasing metabolism and changing your life. The program starts gradually to avoid injury, while maximizing weight loss.

Tu 7:00 pm- 8:00 pm 9/15(14wks) CACT \$68(R)/\$102(N) Romero 114127
Th 7:00 pm- 8:00 pm 9/17(13wks) CACT \$64(R)/\$96(N) Romero 114128

WORK YOUR TURKEY OFF

Are you ready to work off that big meal? This day- after Thanksgiving cardio class will help you burn off Turkey, mashed potatoes, stuffing and all the trimmings you enjoyed. Burn maximum calories by raising your heart rate and firing up your metabolism. This class will have you sweating gravy!

F 9:30 am-11:00 am 11/27(1wks) HRZN \$16(R)/\$24(N) Alfrad 114135

YOGA

Find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. This time is used to find ways to relax, release stress and create a better awareness of the body. All classes include breath work, relaxation and meditation.

ALL LEVELS

M 5:30 pm- 7:00 pm 9/14(14wks) GRSC \$91(R)/\$137(N) Andrade 114136
M 7:00 pm- 8:00 pm 9/14(14wks) CACT \$85(R)/\$128(N) Yancy 114137
W 6:00 pm- 7:30 pm 9/16(13wks) GRSC \$86(R)/\$129(N) Andrade 114138
W 6:30 pm- 8:00 pm 9/16(13wks) MMRA \$115(R)/\$173(N) Yancy 114139
Th 6:30 pm- 8:00 pm 9/24(12wks) PNCC \$105(R)/\$158(N) Sikes 114140

BEGINNING

M 10:30 am-11:45 am 9/14(7wks) VLSC \$52(R)/\$78(N) Chesterfield 114141
Th 10:30 am-12:00 pm 9/17(7wks) GRSC \$54(R)/\$81(N) Kayatt 114144
M 6:15 pm- 7:45 pm 9/21(13wks) MTWV \$105(R)/\$158(N) Sikes 114142
W 10:30 am-12:00 pm 9/23(13wks) CACT \$120(R)/\$180(N) Hayden 114145
Th 10:30 am-12:00 pm 9/24(6wks) VLSC \$61(R)/\$92(N) Hayden 114146
M 10:30 am-11:45 am 11/02(7wks) VLSC \$52(R)/\$78(N) Chesterfield 114147
Th 10:30 am-12:00 pm 11/05(6wks) VLSC \$61(R)/\$92(N) Hayden 114345
Th 10:30 am-12:00 pm 11/05(6wks) GRSC \$48(R)/\$72(N) Kayatt 114148

INTERMEDIATE - The Intermediate classes require yoga experience, with knowledge of the alignment principles of yoga for the basic postures. Please note, if you are not at the Intermediate skill level, for your safety, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

M 9:00 am-10:15 am 9/14(7wks) VLSC \$52(R)/\$78(N) Chesterfield 114149
Th 9:00 am-10:30 am 9/24(6wks) VLSC \$61(R)/\$92(N) Hayden 114150
M 9:00 am-10:15 am 11/02(7wks) VLSC \$52(R)/\$78(N) Chesterfield 114151
Th 9:00 am-10:30 am 11/05(6wks) VLSC \$61(R)/\$92(N) Hayden 114346

GENTLE - This slower paced, restorative class is designed to focus on breathing, relaxation and gentle stretching. All levels welcome.

Tu 8:45 am-10:15 am 9/15(13wks) VLSC \$115(R)/\$173(N) Yancy 114152
Tu 9:00 am-10:30 am 9/15(7wks) GRSC \$54(R)/\$81(N) Kayatt 114153
W 8:30 am-10:00 am 9/16(7wks) GRSC \$54(R)/\$81(N) Kayatt 114154
Th 9:00 am-10:30 am 9/17(7wks) GRSC \$54(R)/\$81(N) Kayatt 114155
Th 2:30 pm- 4:00 pm 9/17(13wks) VLSC \$115(R)/\$173(N) Yancy 114156
F 8:30 am-10:00 am 9/18(7wks) GRSC \$54(R)/\$81(N) Kayatt 114157
Tu 9:00 am-10:30 am 11/03(7wks) GRSC \$54(R)/\$81(N) Kayatt 114158
W 8:30 am-10:00 am 11/04(7wks) GRSC \$54(R)/\$81(N) Kayatt 114159
Th 9:00 am-10:30 am 11/05(6wks) GRSC \$48(R)/\$72(N) Kayatt 114160
F 8:30 am-10:00 am 11/06(5wks) GRSC \$41(R)/\$62(N) Kayatt 114362

YIN YOGA - Enhance your flexibility with Yin Yoga. This slow, meditative practice is ideal for beginners or experienced students who want to feel more openness and flexibility in their joints, especially the hips and lower back. Most poses are done on the floor from a seated position or on the back. Alternate poses are offered for anyone who has a challenge with the knees or ankles.

Sa 9:00 am-10:30 am 9/19(13wks) GRSC \$86(R)/\$129(N) Andrade 114161

Refund Policy - Unless otherwise stated, all program refunds shall be prorated, less a \$10 processing fee, up to and including the 2nd class. No refunds after the 2nd class date. Classes priced at \$10 or less are nonrefundable.



ADULT CLASSES (14 YRS+) | RESIDENT REGISTRATION STARTS AUGUST 10

YOGA NIDRA - is a practice to de-stress the physical body and move into deep relaxation. Each class will include a brief series of gentle yoga poses to stretch the body and release tension, which are then followed with an extended savasana (lying on the back) with a guided Yoga Nidra meditation for deep rest and relaxation. This class is the perfect end to a busy day and will help you to sleep better at night! Please bring a blanket and/or a large cushion to class.

Th 6:50 pm- 7:50 pm 9/17(13wks) MTVW \$80(R)/\$120(N) Yancy 114437

ZUMBA

A fusion of Latin and International music & dance themes to create a dynamic, exciting and effective fitness system! The routines feature salsa, meringue, cumbia, samba and many more steps presented as aerobic/fitness interval training combining fast and slow rhythms to tone and sculpt the body. It is this mixture of body sculpting movements in easy to follow dance steps and the principals of fitness interval and resistance training that allow Zumba participants to maximize their caloric and fat burning output for total body toning.

M	6:30 pm- 7:30 pm	9/14(13wks)	VLSC	\$100(R)/\$150(N)	Toledo	114434
Tu	5:45 pm- 6:45 pm	9/15(6wks)	GRSC	\$58(R)/\$87(N)	Johnson	114167
Th	6:15 pm- 7:15 pm	9/17(6wks)	GRSC	\$58(R)/\$87(N)	Johnson	114168
Tu	5:45 pm- 6:45 pm	11/03(6wks)	GRSC	\$58(R)/\$87(N)	Johnson	114439
Th	6:15 pm- 7:15 pm	11/05(6wks)	GRSC	\$58(R)/\$87(N)	Johnson	114440

Music

PIANO/KEYBOARDING TEEN/ADULT

From Santana to Sinatra and Streisand; from the Beatles to Bach and Beethoven; from Broadway hits such as Phantom and Cats; to movie themes from the Titanic, Star Wars, James Bond and Lord of the Rings. This unique award winning method teaches keyboard skills on real songs you know and love! The program uses brilliantly conceived visual tools that show students how music works. Learn to read music on the treble clef in a lead sheet format and play chords using our exclusive chordometer. Keyboards are provided for each student for classroom use; and all music materials are included at no extra charge.

W	6:30 pm- 7:30 pm	9/16(6wks)	HRZN	\$119(R)/\$179(N)	Elements Music	114040
W	6:30 pm- 7:30 pm	11/04(6wks)	HRZN	\$119(R)/\$179(N)	Elements Music	114041



“Our instructor is wonderful! She’s very knowledgeable about the class, patient and is responsive to the questions we ask.”

SAFETY

Classes are located at: Fire and Police Headquarters, 8401 E. Indian School Road, Scottsdale, AZ 85251. Please arrive promptly as doors will be locked and late arrivals will not be able to access the room. No refunds will be given after class starts.

CHILDCARE AND BABYSITTER SAFETY

12-17yrs. If you are wanting to provide child and infant care, this is the class for you. The program discusses the importance of responsibility, teaches you to recognize an emergency and take the correct action. You will hear about personal safety, fire and water safety and basic first aid and choking management.

Sa 9:00 am- 3:00 pm 11/07(1wk) SPDF \$45 Fire Staff 113897

CPR FROM PROFESSIONALS

This class is for healthcare providers, first responders and professional rescuers or individuals needing professional level basic life support training as a job requirement.

Sa 8:30 am-12:30 pm 10/03(1wk) SPDF \$45 Fire Staff 113900

SPECIAL INTEREST

BILLIARDS

Learn or refresh the fundamentals of pool with proper stance, bridging, grip, stroke (vs. poke) and aiming. Analyze equipment quality and its impact on consistent play. Review the current rules of 8-Ball, 9-Ball and Straight Pool. Understand the basics of cueball control and position play through the use of proper english. Study & practice (stun, follow, draw, cut, deflection, squirt, curve, collision and spin induced throw, masse, jump, carom, billiard, etc.) Finish the course with a student tournament.

M	11:00 am- 1:00 pm	9/28(10wks)	GRSC	\$79(R)/\$119(N)	Grande	114427
Tu	8:00 am-10:00 am	9/29(10wks)	VLSC	\$79(R)/\$119(N)	Grande	114423

BRIDGE

Sign up to learn the challenging game of bridge. This enjoyable card game will stimulate your mind. The game involves four players, paired off, and each player must read his or her partners strategy closely following what is played. Encourage your mind to stay active with this fun game!

BEGINNING

W 9:00 am-11:00 am 9/30(10wks) VLSC \$65(R)/\$98(N) Bigham 114353

INTERMEDIATE

Tu 9:30 am-12:00 pm 9/29(10wks) GRSC \$102(R)/\$153(N) Harris 114677

GOLF AT TOUR ACADEMY TPC IN SCOTTSDALE

The golf instruction will cover all of your game. Coaching includes Putting, Chipping, Pitching, Full Swing, Rules, Etiquette, How to Practice, and How to Play. TOUR Academy TPC certified instructors will teach these courses. Please wear collared shirts and no denim!

Registration fee: Due immediately at time of registration.

Instructor fee: \$90 (3 week) \$120 (4 week) due 1st day of course. Tour Academy request payment by card.

Golf staff will contact you prior to start date with all relevant details regarding location and instructor payment.

Refund Policy: Instructor fee refunds shall be prorated up to and including the 2nd class date by Tour staff. No refunds after the second class date. City registration fee is non-refundable. These courses are not available for fee assistance.

Sa	2:45 pm- 3:45 pm	10/31(4wks)	TPC	\$34(R)/\$34(N)	TOUR Staff	114350
Su	4:00 pm- 5:00 pm	11/01(4wks)	TPC	\$34(R)/\$34(N)	TOUR Staff	114556
Sa	2:45 pm- 3:45 pm	12/05(3wks)	TPC	\$28(R)/\$28(N)	TOUR Staff	114557
Su	4:00 pm- 5:00 pm	12/06(3wks)	TPC	\$28(R)/\$28(N)	TOUR Staff	114351

HORSEMANSHIP SKILLS

This exciting class is a complete and comprehensive lesson program. Emphasis is on a safety first approach to learning practical ground work (grooming and saddling) as well as the basic control. Mandatory safety helmet is provided for use.

LEVEL I

Sa, Su	3:00 pm- 4:30 pm	10/10(2wks)	PPEC	\$175(R)/\$263(N)	Joni Fitts Staff	113960
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LEVEL II

Sa, Su	3:00 pm- 4:30 pm	11/07(2wks)	PPEC	\$175(R)/\$263(N)	Joni Fitts Staff	113962
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MAH JONGG

Experience an ancient Chinese game played for generations. This game of skill and chance will improve your memory and spark new friendships. The fundamentals and terminology are taught during practice games. Please purchase a current National Mah Jongg League card.

BEGINNING

W	1:45 pm- 3:45 pm	10/07(7wks)	VLSC	\$75(R)/\$113(N)	Alabaster	113989
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INTERMEDIATE

W	3:50 pm- 5:50 pm	10/07(7wks)	VLSC	\$75(R)/\$113(N)	Alabaster	113990
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MEDITATION

Meditation calms the body and soothes the mind. It is also a great way to relieve stress and improve overall health and well-being. Come join us for this meditation and relaxation class. We will explore various forms of meditation and relaxation methods. Through regular practice, you will begin to experience renewed peace and inner calm in your daily life.

BEGINNING

Tu	10:30 am-11:30 am	9/15(10wks)	VLSC	\$64(R)/\$96(N)	Yancy	113993
Tu	5:00 pm- 6:00 pm	9/15(10wks)	GRSC	\$64(R)/\$96(N)	Yancy	114656

INTERMEDIATE - This class is for those that have taken the Beginning Meditation class or have prior Meditation experience.

F	12:30 pm- 1:30 pm	9/18(13wks)	VLSC	\$80(R)/\$120(N)	Yancy	113994
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NEW AZ RESIDENTS- TAX AND TRUST LAWS

If you are a new Arizona resident or have not updated your estate plan since you became an Arizona resident, you need to attend this class to learn the impact of many unique Arizona tax matters and local laws which impact you and your family. Understand the concept of community property, living wills, power of attorney, local estate taxes, and community property with right of survivorship and Arizona income tax laws. Learn the impact on your existing estate plan if you make no changes because of Arizona's unique property laws.

Th	6:15 pm- 7:45 pm	10/22(2wks)	HRZN	\$14(R)/\$21(N)	Bredemann	114011
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POETRY

Study poetry and its forms from all periods of history. Each week we will discuss students' work. Handouts and open conversation will assist in understanding.

Tu	9:00 am-12:00 pm	10/06(10wks)	GRSC	\$71(R)/\$107(N)	Mounsey	114050
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SMART PHONE BASICS

Learn and get all your questions answered about Smart Phones. This class will cover everything from Smart Phone basics to texting, setting up email, contacts and calendars, as well as how to use Facebook and Twitter on your Smart Phone. We will also cover taking photos and sharing them, downloading music to your Smart Phone and organizing playlists, using your Smart Phone for navigation and all about Smart Phone apps and how to purchase them. We'll also show you how to organize all the stuff you have on your Smart Phone in a way that is meaningful and helpful to you. Class will cover topics for iPhone and Android phones

M	11:00 am-12:00 pm	9/14(7wks)	VLSC	\$60(R)/\$90(N)	Yancy	114435
M	11:00 am-12:00 pm	11/02(7wks)	GRSC	\$60(R)/\$90(N)	Yancy	114436

TRUSTS, WILLS AND ESTATE TAXES

Unravel the mystery surrounding trusts, wills and other estate planning instruments. Find out why estate taxes are voluntary. Learn how to hold title to assets and use community property to save thousands of dollars in income taxes. Discover what only an Attorney and CPA with 30 years of experience in estate planning can tell you about the common mistakes to avoid. Free Living Will Form will be provided.

M	6:15 pm- 7:45 pm	10/19(2wks)	HRZN	\$14(R)/\$21(N)	Bredemann	114120
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